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NIGHT OWLS PEOPLE FILL THE **STREETS FOR ART** OUTSIDE

{page 6}



FALLEN HEROES POLICE OFFICERS REMEMBERED AT NEW MEMORIAL (page 3)

HOME BOY ROOKIE AT HOME WITH MOOSEHEADS

{page 17}

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News worth sharing.

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Stadium funding a team game

Staff says city should pay one-third of ballpark \$60M price Facility needs OK



It doesn't have a business case, a site or a design, but Halifax regional council is being asked to approve funding options for the proposed new stadium nonetheless.

A staff report to be delivered to council tomorrow proposes council authorize the mayor and staff to solicit funding from the provincial and federal government to the tune of \$40 million.

If approved, Mayor Peter Kelly and staff would be able to assure the potential funding partners of a \$20-million contribution from the municipality toward the stadium's construction.

The \$60-million price tag is only an estimate, however. The report notes that staff have attempted to account for considerations like site remediation, site services and land costs in the ballpark figure.

A final decision on whether or not the stadium will go ahead will wait until December, when a Phase 2 report filling in some of the remaining blanks will be delivered to council.

But Kelly said the process of securing funding from government partners needs to begin earlier than that if deadlines for the 2014



"I don't know what projects are going to be cancelled because of this, (and) there's been no negotiations with the province and the feds."

COUN. SUE UTECK ON THE PROPOSED STADIUM

Women's World Cup are to be met. "What we're trying to do is give

the ability to seek out partnerships, so this is asking council for direction to be able to go in that direction," Kelly said yesterday.

"If this waited till the last minute, until December, then of course we would not be ready to really respond.... So this will go in tandem with the (Phase 2) study."

But Coun. Sue Uteck, who has been a booster for a larger stadium at Saint Mary's University, said she's "dismayed" by the entire

'We have a proposition before us of \$20 million with no business case," she said.



Occupy movement settles in Halifax

Dozens of protesters continue to camp out in downtown Halifax following a demonstration on Saturday that drew about 300 people. More on local demonstrations, page 5. Coverage of protests across Canada, page 8.

Family

Debate rages over pacifiers versus the thumb

• Are soothers actually sanity-savers or just more trouble later? {page 13}



Sports

Indy 500 champ dies in fiery crash in Las Vegas

Racing world mourning British driver Dan Wheldon

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Fallen police officers 'will never be forgotten'

- First service held at completed fallen-officer memorial in Grand Parade
- Church service also held at St. Mary's Basilica





Constable Matthew Gardner. Const. Charles R. Fulton. Game Warden A. Harrison Eisenhower. Engineer Daniel E. Gillis.

Members of a range of Nova Scotia's policing organizations stood at attention as the names of fallen colleagues were read out at the 29th Law Enforcement Memorial Service at Grand Parade yesterday.

Police chiefs from Halifax Regional Police, Halifax District RCMP, the Department of Natural Resources, and Truro and Cape Breton police laid wreaths on the newly completed memorial to peace officers who died in the line of duty.

"Policing is a tough job. It always has been, and it always will be," said HRP Chief Frank Beazley after the service. "Sometimes people die in the line of duty. And this is a way of remembering the sacrifice that they made."

The list of names stretches back to the 1860s. Beazley said the force had no idea about Const. Gardner's death until recently, when a

Nearby protest

Contrast. The officers in full regalia were contrasted by a group of activists, who have been camped out in Grand Parade since Saturday as part of the worldwide Occupy movement.

member of the public brought forward some research, which was corroborated by further study by HRP.

"He was a member of the Halifax police, just before the Halifax police were re-organized in the ▶ Mutual respect. But unlike the at-times violent confrontations between occupiers and police south of the border, mutual respect was shared during the moment of silence for the fallen officers.

1860s, and I think he died about a year before that," said Beazley.

"I think that's probably the lesson learned. If you don't do something like this, you will forget. And now this man will never be forgotten."

No sign of missing teen in latest search effort

An extensive search yesterday by ground crews and a police dive team failed to turn up any sign of a missing Nova Scotia teenager.

Amber Kirwan, 19, was last seen outside a New Glasgow bar one week ago. New Glasgow police Const. Ken MacDonald says RCMP divers searched an area near Pictou Landing, while ground crews and a police canine unit scoured a wooded area near Scotsburn.

MacDonald says searchers have been acting on information from the public in an attempt to gather evidence.

THE CANADIAN PRESS



'Violent' convict seen in Halifax: Police

Police are warning the public that a woman convicted of murder may be in the Halifax area after allegedly breaching her parole conditions. Halifax Regional Police issued a statement Friday saying Susan Anne Fife, 53, is wanted on a Canada-wide parole warrant. The RCMP website says Fife is considered to be violent. THE CANADIAN PRESS





An Ottawa woman makes good on her promise to broadcast the birth of her child live on the Internet. Scan code for story.

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Protesters
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the Occupy Wall
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movement tell
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HALIFAX REGIONAL COUNCIL

Proposed districts to go to UARB

There will be no debate when proposed new polling districts are introduced to Halifax regional council tomorrow.

Municipal staff have prepared a new vision of the municipality, with 16 districts rather than the current 23, as mandated by the province's Utility and Review Board. Council agreed to accept the recommendations without debate, and forward them to the UARB for consideration.

The scenario recommended by staff is essentially the first scenario floated at the outset of the process. There are slight modifications in the plan as a result of the public-consultation process, most

notably in Dartmouth.

Some councillors are still concerned with the proposed new boundaries — including those who may be going against their current colleagues in next October's election.

Downtown Coun.
Dawn Sloane said she's concerned the balance of power is tipping to the suburbs and rural areas in the municipality, who will have 10 votes on council to the urban core's six.

She also worried the scenario would further erode the identity of the former City of Halifax.

Coun. Sue Uteck noted the new South End district will include four universities, and the district's next councillor will be expected to sit on three separate business commissions.

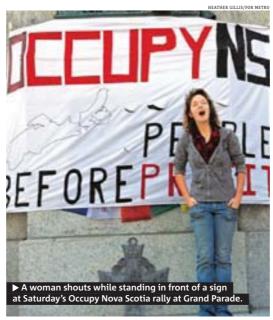
Councillors have until Oct. 31 to notify the UARB they wish to speak at the hearings.

ALEX BOUTILIER

Rallying for change

Occupy demonstrations were held in cities across the country

Movement started Sept. 17 in New York City with Occupy Wall Street





About 300 people rallied in Halifax's Grand Parade on Saturday as Occupy Nova Scotia joined with its sisters in a day for global mass action.

"Everyone's got their own personal reason for being here but the money thing tends to be the bottom line so far," said Jennifer Anderson, an event organizer.

Police were present in Grand Parade throughout the day, with officers handing out pamphlets outlining protesters' constitutionally protected rights.

Occupy organizers set up tents, areas for food and first aid for the demonstrators planning to stick it out for the foreseeable future. Yesterday, about two dozen tents were still occupying the site next to Halifax City Hall.

Some protesters carried signs on Saturday with slogans ranging from "Negotiate not legislate" to "\$ destroys lives."

Although protester demands were varied, they were united by their desire for change.

"That's the whole point of having this," Anderson said. "It's having a model of discussion for the grassroots mobilization and having the discussions that will implement the change."

The estimated number of demonstrators still camped out at Grand Parade yesterday.



vw.ca

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News in brief

Feds provide bulk of funds for expansion at adult centre

DISABILITIES. The federal government is giving close to \$2.4 million toward the expansion of the Dartmouth Adult Services Centre.

Defence Minister Peter MacKay made the announcement yesterday, with \$2.38 million being given to the \$3-million-plus expansion, which will see a larger facility built to include day programs and vocational support for people with intellectual disabilities.

"Community-based projects such as this one are helping people with disabilities across Nova Scotia participate in and contribute to their communities," MacKay said in a release.

Minister seeks cuts to health budgets across the province

HEALTH CARE. Nova Scotia has asked its nine district health authorities and the IWK Health Centre to cut spending in 2012-13 by three per cent.

Health Minister Maureen MacDonald said Friday that health budgets can no longer continue to grow by seven or eight per cent a year as they have in recent years.

"The health care system could be jeopardized if we allow that to continue," MacDonald said.

Nova Scotia spends \$3.8 billion a year on health care, or about 40 per cent of its total budget. THE CANADIAN PRESS

Art at Night sparkles



• Fourth annual Nocturne featured art events scattered throughout city



Organizers of Nocturne: Art at Night are deeming this year's event a success.

Thousands of people came on Saturday night for the downtown event that lasted from 6 p.m. to midnight.

"We feel that we've exceeded our expectations with what we've heard and observed so far," said Nocturne board of directors chair Rose Zack.

"Our goal was 20,000 (people) but I do feel we have surpassed that. I think we've made a big leap this year, in terms of reach."

People filled the streets and art galleries of Halifax to see everything from painting to photography to

Next Nocturne

Art at Night will take place Saturday, Oct. 13 next year.

performances.

"It's really impressive that there are so many events going on," said Mark Staples, while enjoying the LED light sculpted bear on Citadel Hill.

There were more than 84 different events listed in the program guide for the public to take in.

"Ît really sheds light on the art community in Halifax," said Katie Isenor, while out enjoying the event on Saturday. "If people hear of this big free event it might bring them out to events that you pay for. That's really good to give back to the artists."

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Michelle Fougere
 Member Student Aid Appeal Committee

"The advice our commission provided to government played a key role in helping individuals with limited income get the wheelchairs they needed, enabling them to move about their homes and interact with their communities. Knowing you can bring about this kind of change is a really good feeling."

Brian Tapper
 Member Disabled Persons' Commission

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More Doctors for Nova Scotia

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CAPP is a program of the College of Physicians and Surgeons of Nova Scotia. For more information, visit www.cpsns.ns.ca/info.aspx



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Anti-Gadhafi forces tear down compound

Libyans eager to move on after decades of repression • Fighting persists on two fronts and tensions remain

Libyan revolutionary forces bulldozed the green walls surrounding Moammar Gadhafi's main Tripoli compound yesterday, saying it was time "to tear down this symbol of tyranny."

The sprawling, fortresslike compound known as Bab al-Aziziya has long been hated by Libyans who feared to even walk nearby during Gadhafi's more than four decades in power and its capture was seen as a turning point in the civil war as revolutionaries overran the capital in late Au-

Ahmad Ghargory, commander of a revolutionary brigade, said the area will be turned into a public park accessible to all Libyans.

'It's the revolutionary decision to tear down this symbol of tyranny," Ghar-

Revolutionary fighters use heavy machinery to tear down a guard tower at the Bab al-Aziziya compound yesterday.

gory said.

"We were busy with the war, but now we have the space to do this."

Already, the courtyard in front of Gadhafi's former house, which he used for many fiery speeches trying to rally supporters during the uprising, has been turned into a weekly market. Tripoli residents roam the premises as if at a museum, with vendors selling revolutionary flags and other souvenirs.

However, the continued instability has delayed efforts by the transitional leadership to move forward with efforts to hold elections and establish democ-

The compound, surrounded by high walls lined with barbed wire, had been a mystery to most Libyans, though it is one of the city's largest landmarks. The associated press



King memorial dedicated

Dr. Martin Luther King was a man who "stirred our conscience" and made the union "more perfect," U.S. President Barack Obama said yesterday.

Gay U.S. troops attend national convention

Nearly four weeks after the U.S. lifted its "don't ask, don't tell" policy banning open service by gay men, lesbians and bisexuals, stories of secret-shedding, relief and acceptance were swapped Saturday at the first-ever national convention of gay military personnel on active duty.

Each of the 200 or so sailors, soldiers, Marines and airmen attending the conference put on by the formerly clandestine group known as OutServe had, to varying degrees, only recently revealed their sexual orientations at work. None had got a reaction worse than a shrug. THE ASSOCIATED PRESS

Estimates of the number of gay troops range from 47,000 to 65,000.

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Could this be just the beginning?

▶ Many taking part in Occupy Canada movement brave crisp fall weather to camp out at parks

A day after kicking off their movement with loud voices and larger numbers, Canadians who gathered to decry corporate greed and social inequality spent yesterday nailing down their action plan for the coming week through long meetings with smaller groups.

By late yesterday afternoon the numbers of Occupy Canada participants had thinned, but many expected their ranks to swell today as the financial sectors they were protesting reopened.

"Today's going to be a major day for planning a large impact for Monday as a demonstration for (when) the stock exchange opens," said Niko Salassidis, 20, who set up the Occupy Toronto Facebook group.

No trouble yet

➤ The protests across Canada have been orderly so far, marked by cordial relations between police and demonstrators — a sharp contrast to the riots that erupted during last year's G20 demonstrations in Toronto and following Vancouver's Stanley Cup loss in June.

"We plan to make a very large statement."

But Bryan Hyshka, 21, a volunteer at Edmonton's downtown camp site, added many of the protesters had to be at work today, so it was unclear how many would be available to continue the protest during the week. THE CANADIAN PRESS











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- 3. Expanding opportunities for physical activity within their organization or community

Thank you for Stepping Up!

Rome cleans up after rioting

Rome's mayor said yesterday that it could cost at least \$1.4 million US to recover from the havoc wreaked by rioters who smashed windows, tore up sidewalks and torched vehicles after breaking off from a peaceful protest. The estimate came as cleanup work continued in damaged neighbourhoods, where many charred vehicles remained parked along the streets.

The hundreds of rioters infiltrated a march Saturday by tens of thousands of

demonstrators unhappy about the global financial crisis — part of a worldwide version of the Occupy Wall Street protests in New York.

The protesters ripped up cobblestones and slabs of sidewalk to hurl at police.

THE ASSOCIATED PRESS





Conquering Ottawa an uphill battle for RIM

Gaining ground in the Apple-dominated tablet computer market has been akin to pushing a rock up a mountain for Research in Motion. And there's a hill they're at risk of dying on: Parliament Hill.

Political Ottawa remains addicted to RIM's signature BlackBerry smartphone, but when it comes to which tablet computers to adopt, Apple's iPad is the favoured son.

Conservative MP Peter Braid is one of the only MPs who uses RIM's Playbook instead.

It's an obvious choice, as Braid represents Waterloo, Ont., where RIM is based. When BlackBerry service went down around the world last week, it wasn't just the company who felt the slap. Canadians take personal pride in the fact the device that even the U.S. president couldn't live without comes from Canadian

Even in the wake of the

service meltdown, Braid said, people still remain confident in the company.

And when it comes to the tablet, he's hoping to try to convert over more fellow parliamentarians.

In choosing the iPad over the Playbook, MPs are reflecting a larger trend.

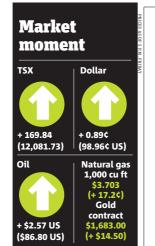
THE CANADIAN PRESS



Torstar boosts stake in Metro

Torstar Corp., the parent company of the Toronto Star, announced Friday it has paid \$51.5 million to increase its stake to 90 per cent in Free Daily News Group.

"This is exciting," said Bill McDonald, president of Metro English Canada. "Metro has carved a significant space in the national media landscape, and ... we're looking forward to even greater growth."









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PATH ALREADY PAVED FOR STEERING COMMITTEE

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The good news: there are public consultations. The bad news: those consultations are happening late, and only after the central question has already been answered.

"Is a stadium a good idea for HRM?" demands the white-letters-on-red-bristol-board-styled poster on the home page of the Stadium Consultation web page.

But the actual questions we are now being asked assumes we already said, Yeslove-a-stadium-thanks-for-asking.

During Phase 2, which began in earnest last week, the so-called "citizen-led stadium analysis steering committee" invited us to say where we think this shiny new stadium should be located and how big it should be.

"During Phase 2,
which began in
earnest last
week, the socalled
'citizen-led
stadium analysis
steering
committee'
invited us to say
where we think
this shiny new

stadium should

be located and

how big it

should be.

Not whether we

want one."

Not whether we want

The idea to build a bigticket, big-event venue in HRM has been floating in the HRMament for at least two decades. But it suddenly became urgent in March after Canada won the right to host the 2015 FIFA Women's World Cup soccer event. The tournament will be staged in a number of different cities.

Even though it lacks the 20,000-seat stadium required to host such an event, Halifax wants to be one of them.

So council set up a committee, ostensibly to tell it whether the idea made sense ... really, to tell them it did.

Although there was a cursory nod to the opinions of the unconnected-but-for-

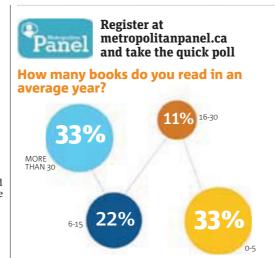
their-tax-dollars rabble during Phase 1, the bulk of initial public input consisted of "business-case" sessions with 17 "key informants," 30 members of "key informant groups" and seven provincial sporting organizations.

Unsurprisingly, they thought there was a business case for a stadium. Moving on ...

To its credit, the stadium committee has not tried to "stifle" broader debate. Metro reporter Aly Thomson described attendees at last week's first well-attended and engaged consultation as "hot, cold and everything in between" on the stadium proposal.

It could have been the beginning of a meaningful exercise in participatory municipal democracy. But that barn door has already closed. The committee must report by December so council can say yea or nay before FIFA announces which cities will host events. Hurry, hurry.

So much for participatory democracy. Pity.



Local tweets



►@Dorine Aletta: A beg-

gar in Halifax with card board sign made me laugh! His sign said: "I need some change to buy a penis pump - I'm a little short":-)

- @ELFergieFerg: Sooo frustrated with the lack of coffee shops that are open in the Barrington st area right now: (#Halifax
- @HalifaxMagazine: Economics aside, it would be a lovely day for a CFL game at a spanky new stadium in #Halifax.

- ► @Curly_McGee: #Nocturne2011 taught me that #Halifax used to have street cars
- @acousticroof: #Nocturne was amazing...#Halifax hope our politicians attended or at least note the impact of the arts. #wayoverdue
- @LindsayOQuinn1: @HalifaxRainmen So excited for the game next Sunday! Haven't missed a game since you guys started in Halifax! #Dedicatedfan #number1fan
- ▶ @Janecaulfield: Getting excited for @FallForFlamenco to start! It's going to be a #goodtime in #Halifax! flamencofestival.ca

Worth Mentioning

California's largest industry group for doctors is calling for the legalization of marijuana even as it maintains that the drug has few proven health benefits.

Trustees of the California Medical Association adopted the new stance at its annual meeting in Anaheim, according to a Los Angeles Times report.

Dr. Donald Lyman, the physician who wrote the group's new policy, said doctors are increasingly frustrated by the state's medical marijuana law, which allows use with a doctor's recommendation. Physicians are put in the uncomfortable position of having to decide whether to recommend a drug that's illegal under federal law, Lyman said.

"It is an open question whether cannabis is useful or not," he told the newspaper. "That question can only be answered once it is legalized and more research is done."

The CMA acknowledges health risks associated with marijuana use and proposes regulation similar to alcohol and tobacco.

THE ASSOCIATED PRESS

► In this picture taken Saturday, Switzerland's Roger Tanner, left, and Bernd Ebert compete during the Swiss Bodybuilding Championship in Basel, Switzerland.

Photo of the day

PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRI

WEIRD NEWS

Don't throw yourself in my backyard

Hundreds of Toronto-area residents have signed a petition listing grievances with the Parachute School of Toronto including roaring noise, noxious fumes and rogue skydivers landing on their properties.

"If they wreck anything," says resident Paul Nicholls, "say they land in your Azaleas and destroy them, that's criminal trespass."

Recently, Nicholls went to Georgina

town hall to present the petition, signed by 200 other aggravated Georginians, and lobby for change. A town-council report on the matter is expected early next week.

The school has been operating since 1974, though it used to run out of Arthur, Ont. In 2002, it relocated in Georgina — north of Toronto — to be closer to its Toronto customers. It runs from May to October, from 9 a.m. to sunset, five days a week, during which some thousand flights take place.

Of the 400 jumps conducted weekly, Adam Mabee, president of the parachute school, says just a couple of skydivers miss their target, the airport. The worst damage was to an awning and he paid the repairs.

TORSTAR NEWS SERVICE



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Gaga does Marilyn

○ Lady Gaga channels Marilyn Monroe at concert honouring Bill Clinton's foundation

"first real Marilyn moment" with former President Bill Clinton.

The envelope-pushing pop superstar was one of several musicians who performed Saturday night at the Hollywood Bowl during a concert celebrating the 10th anniversary of Clinton's foundation, which has sought to improve global health, strengthen economies worldwide, promote healthier childhoods and protect the environment for the past decade.

"I always wanted to have one, and I was hoping that it didn't involve pills and a strand of pearls," Gaga

Emerging from atop an all-white treehouse, Lady Gaga sported a wavy blonde 'do and red lips like Marilyn Monroe, who fa-mously crooned Happy Birthday, Mr. President to President John F. Kennedy in 1962. Lady Gaga similarly serenaded Clinton and changed several of her lyrics to reference him, including swapping the title of Bad Romance for Bill Ro-

"I thought, 'My God. I get Lady Gaga, and I will have a heart attack celebrating my 65th birthday," Clinton later said.

Clinton, who turned 65 on Aug. 19 but celebrated his birthday at a posh Hollywood party Friday night, sat between wife Hillary and daughter Chelsea in



Saturday's event at the outdoor venue set against the Hollywood Hills. Other famous attendees included Maria Bello, Ashton Kutcher, Jason Segel, Ellen De-Generes, Colin Farrell and Chevy Chase.

"I am the only person in history who got to be President and then had a postpresidential birthday party attended by both Lady Gaga and the Secretary of State," Clinton joked on stage. "I want to thank Hillary because we met 40 years ago this year. When I met her, she was already doing the kind of work you see here long before it was cool."

Other performers included Motown legend Stevie Wonder, country star Kenny Chesney, Toronto rapper K'Naan, Colombian crooner Juanes and R&B singer Usher.

Usher kicked off his performance with a take on Joe Cocker's rendition of the Beatles classic With a Little Help From My Friends before launching into his hits Yeah and OMG. The R&B singer accidently

\$50 to \$500

Ticket prices for A Decade of Difference: A Concert Celebrating 10 Years of the William J. Clinton Foundation, which was streamed live on Yahoo.com, ranged from \$50 to \$550.

split his pant legs while dancing to reveal his bare left leg. The wardrobe malfunction didn't stop Usher, who continued with his routine, telling the crowd: "I work hard."

Bono and The Edge of U2 closed the concert with a mostly acoustic set that included such tunes as Desire, One and Sunday Bloody Sunday, which Bono sang directly to Clin-

The duo - who were accompanied by a string quartet and Edge's laptop - closed with Miss Sarajevo. Bono tackled the operatic part of the tune originally sung by the late Luciano Pavarotti.

Clinton himself is no stranger to performing. saxophone-playing politician memorably belted out Heartbreak Hotel when he visited Arsenio Hall's show during his 1992 presidential campaign. Clinton didn't pick up the instrument Saturday night, despite a plea from Lady Gaga, who informed him: "I wish you were playing sax with me tonight, baby."

THE ASSOCIATED PRESS







Real Steel and the dancers of Footloose are in a tight fight for the box-office title. Real Steel came in barely ahead of Footloose, which opened with \$16.1 million. The movies are close enough that they could switch rankings once final numbers are released today. Universal's horror update The Thing opened at No. 3 with \$8.7 mil-THE ASSOCIATED PRESS



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The death rattles of Ashton and Demi's marriage?

Moving truck spotted outside the couple's home Sources speculate that Ashton might me movin' out

Rumours of an impending split between Ashton Kutcher and Demi Moore jumped into overdrive late last week when a moving truck was seen pulling up to the couple's Los Angeles home, according to Us Weekly.

The moving company, Wetzel & Sons, would not divulge any information about the job.

While it's unclear which of the two might be vacating the premises, sources speculate Kutcher would be the one kicked to the curb.

"Demi is humiliated," a source says. "She loves him, but can't forgive him for the embarrassment he has caused." • metro







"Doina some work on the daytime show,

and went to jury duty."

"This twitter s--- is really the medium for me. I'm as f---in' shallow as

140 characters."

@AlbertBrooks "Nothing against Zsa Zsa Gabor but she is singlehandledly bringing down Medicare.'



TV ad for FLoose, Marketing a remake by put-

"Just saw a

ting down the orig? A bit lame dont ya think?"

I'm straight, Taylor Lautner tells Aussie GO

Taylor Lautner is going on the record about his sexuality after being quizzed by the Australian edition of GQ about a recent night out with director Gus Van Sant and writer Dustin Lance Black, both

of whom are openly gay.

When asked if either of the men hit on him, Lautner said, "No, definitely not. I think they know I'm straight."

The 19-year-old Twilight star said that the meeting was all business.

'It's not a coincidence that there was a writer, a director and an actor at



another home invasion

until

ExonMobil















Bradley Cooper may be keeping date with J.Lo on the down low

Bradley Cooper stepped out recently with a woman who looked a lot like Jennifer Lopez, though she was going to great lengths to shield herself from photographers, according to Us

A source close to Lopez says it was in fact the American Idol judge meeting up with the Hangover star, getting together again after a dinner date in New York last month.

"After their date in New York, Bradley and Jennifer



stayed in touch," the source says. "She does like his attention, and it makes her feel good that he seems so



into her. She has a fun time with Bradley and he makes her laugh.'

METRO

Whitney has a real 'diva' moment

Whitney Houston reportedly lost her cool on a recent flight when she refused to fasten her seatbelt before takeoff, according to Us Weekly.

Witnesses

shouting match ensued, with Houston eventually insisting that the flight attendant fasten the seatbelt for her. "What can I say? She's Whitney Houston. She





Sucking – sucks?

• A thumb or pacifier may bring peace to your household but what are the implications?



swaddled shushed, but your baby's still howling. So you reach for a pacifier, or encourage thumb sucking. Is this OK?

Thumb versus pacifier use is an issue that divides parents. Thumb sucking is a natural behaviour. Children have been observed thumb sucking in the womb. Pacifier proponents believe keeping your baby calm when he or she is crying for no reason is better for psychological wellbeing.

There are genuine positives: Pacifier use is believed to reduce the prevalence of Sudden Infant Death Syndrome. You can also control when your baby uses it (which you can't do with a thumb) and when it's time to end nonnutritive sucking (NNS) as it's termed — a pacifier can be thrown out.

The downside is that if

your baby becomes dependent on it, you'll be up throughout the night to pop it back in. Later, it becomes a barrier to speech.

So while this sanity-saver seems like a good option, NNS can have implications for growth. "The greater the amount of time during the day that the child engages in non-nutritive sucking, the greater the forces that the growing bones and associated soft tissues will be exposed to," explains Dr. Sarah Hulland, a paediatric

dentist. "In turn (this) can cause a change in the relationship of the oro-motor complex, so how the mouth is shaped, how the dentition inter-relates, how the lips can close, how the tongue behaves in the mouth (can be affected)."

Hulland warns that soother sucking should be limited to settling your baby. "Sucking on soothers can lead to significant restructuring of the oro-facial complex, which usually manifests itself as an open

bite where the front teeth don't meet. This can lead to difficulties closing the lips and a tongue thrust."

In response, pacifier producers are creating more ergonomic soothers. But getting kids to stop can be tricky. "The easiest way to stop pacifier sucking is to keep soother-access to essential-use only," explains Hulland. "And for thumb suckers, remove thumb from a child's mouth or replace it with an alternative comforter."

life





Sue Rainville, director of marketing for window fashions manufacturer Hunter Douglas, offers tips to make your home safe.

- Use window guards on all windows above the first floor. Screens aren't strong enough to stop falls.
- To keep windows open for ventilation, install locks that limit the opening's size.
- For sliding glass doors, apply bright stickers to alert kids to the presence of glass. NEWS CANADA



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Wow-provoking starters

• Fancy-looking Seared Shrimp Tortilla Bites boast hint of sweetness

Preparation:

- Heat oil in frying pan over medium-high heat. Add shrimp, garlic and salt. Stir-fry until shrimp is pink, about 4 minutes. Toss with coriander. Refrigerate to cool.
- 2 Stir peanut butter with lime juice, hot sauce, soy sauce, ginger and garlic. Stir in water if needed until a thick

sauce-like consistency.

Peel mango and cut from pit. Dice into 1/2-inch (1.5 cm) pieces. Just before serving, assemble. Spoon 1 to 1-1/2 tsp (5 to 7 ml.) peanut sauce into tortilla scoop. Top with a shrimp, mango piece and coriander leaf if using Repeat with remaining shrimp. NEWS CANADA/ PEANUT BUREAU

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Ingredients:

- 1 lb (500 g) large peeled uncooked shrimp (about 24)
- 4 tsp (20 mL) olive oil
- 2 sliced garlic cloves
- Pinches salt
- 2 tbsp (30 mL) chopped coriander

Peanut sauce

- 1/3 cup (75 mL) peanut butter
- 2 tbsp (30 mL) lime juice
- 2 to 3 tsp (10 to 15 mL) hot sauce
- 1 tbsp (15 mL) soy sauce
- 2 tsp (10 mL) finely grated peeled ginger
- 1 large garlic clove, minced
- 1 ripe but firm mango
- 24 mini scoop shaped tortilla chips
- Garnish: coriander leaves

Rose Reisman's Swap It

It's never easy to know which is healthier: a lasagna or spaghetti with a rich meat sauce. In this case, the lasagna comes in at almost double the calories and two and a half times the fat.

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▶ Bruschetta can tingle taste buds when given a modern California twist

Typically made with a tomato mixture as its topping, this bruschetta instead uses smoked chicken and grapes. The combination of flavours refreshes.

Preparation:

- Pre-heat oven broiler.
- 2 In a small bowl combine garlic, olive oil and salt. Set aside.
- 3 Slice baguette into 1/2-inch (1.5 cm) thick slices.

Brush baquette slices with garlic oil and place on cookie sheet. Toast in broiler about 1-2 minutes on each side until golden brown. Remove from broiler. Bread should be crisp on the outside, but still soft in the centre. On each slice of bread place about 1 tbsp (15 mL) chicken breast and 3 grape halves, then top with 2 tbsp (25 mL) grated cheese.

Place cookie sheet about 8 inches away from broiler and broil for 2-3 minutes until cheese is melted and

Ingredients:

- 3 cloves minced garlic
- 1/2 cup extra virgin olive oil (125 mL)
- 1/4 tsp salt (1 mL)
- 1 French bread baguette
- 8 oz smoked chicken breast (250 g), either shredded or cut into bite-size

bubbly. Place on serving platter and sprinkle with snipped chives and pepper. Makes 24 pieces. NEWS CANADA

strips

- 12 oz grated Fontina, Port Salute, or Monterey Jack cheese (375 g)
- 1 1/2 cups red, green or blue-black halved California seedless grapes (375 mL)
- 1 tbsp snipped chives (15 mL)
- 1/2 tsp freshly ground black pepper (2 mL)



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Pursuit of success was no cakewalk

• Rosalind Chan's turning point came when she traded in her corporate cubicle for a career as a cake artisan

TURNING POINT

TERESA KRUZE

LIFE@METRONEWS.CA



Rosalind Chan is an international superstar in the cake decorating world.

As a new immigrant

from Malaysia she gave up a corporate career in Canada to go after her passion for cake artistry full-time. To give up her big salary and start her own company was a hard step to take.

step to take.

"I'd worked all my life and to suddenly not have a salary or a job was nerve-racking for me."

Chan went back to

A piece of cake

Interested in getting into cake decorating?
Rosalind says:

- Go to well known and relevant schools.
- Get an internship and work with the best.
- Take additional courses to build up your skill level.
- Social media hit the websites and food blogs to introduce yourself to the market.

Malaysia and started a cake decorating teaching centre that quickly grew to two locations.

"Today we have one of the biggest cake decorating institutes and training



centres in Malaysia."

On the heels of her success she opened her Canadian shop called Sugar

Tiers in Markham, Ont., and was thrilled to be inducted into the Wilton Cake Decorating Hall of

Fame.

"I want to expand in Canada and branch out to more countries, I want to share my passion and give back to society by teaching in women's shelters. But my biggest goal is to write my first book."

For Rosalind Chan, that will be the icing on the cake.

Sweet success

Rosalind Chan's international accomplishments

- Wilton Hall of Fame
- First Canadian and Asian to become a Certified Master Sugar Artist
- First Asian to be recruited onto international Wilton Training Team
- First Asian to be awarded International Teacher of the Year Award

IMPROVE YOUR AIR QUALITY

What kinds of plants improve air quality? Jeremy of Toronto

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Believe it or not, NASA created a list of the best

air-filtering plants.

Decorate your home or office with a combination of spider plants, peace lilies, snake plants (a.k.a.

mother-in-law's tongue), elephant ears, weeping figs, rubber plants or bamboo palms (a.k.a. reed palm).

All of these are some of the most popular house plants, so they'll be easy to find, and they're also easy to care for.

Back in the 1980s, NASA did a study to look at which plants were best able to filter the air of the space station.

And if it's good enough

for the space station...

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But what you might not realize is that indoor plants can also absorb contaminants like benzene and formaldehyde (a known carcinogen).



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LAUNCH TIPS

CONSIDER THESE POINTS BEFORE YOU BEGIN YOUR NEW VENTURE

Small and medium-size businesses account for 99.8 per cent of all Canadian companies and employ more than 60 per cent of private sector workers. If

NETWORK WITH ENTREPRENEURS

For 32 years, the Business
Development Bank of Canada has been organizing Small Business
Week to recognize the contributions and achievements of Canadian entrepreneurs. Events held during this week bring entrepreneurs together at conferences, luncheons and trade fairs across the country, where they can learn and network with their peers. For more information about this year's events, which are being held this week, visit bdc.ca/sbw.

you are thinking of launching a small business, here are 10 points to consider:

1 CHOOSE SOMETHING YOU LOVE. You are going to spend countless hours starting and growing your business.

SAVE MONEY FIRST. Don't start your business just using loans from family, friends and banks; it can take years to turn a profit before you can repay them. Save as much money upfront, even if it extends your launch date.

RESEARCH, RESEARCH. You will need to become an expert on your industry, products and services. Join related industry or professional associations.

PRAFT A BUSINESS PLAN. For most small businesses, the most important parts of this plan are the break-even analysis, a profit-and-loss forecast and a cash-flow projection. It also helps project start-up costs and marketing strategies.



DON'T QUIT YOUR DAY JOB. If there is no conflict of interest and you can manage it, keep your full-time job while you lay the foundation of your business. You might as well enjoy getting regular paycheques and paid vacations as long as you can.

FIND CLIENTS/CUSTOMERS FIRST. Start lining them up before you have officially launched. Network, offer a few free services or products — you can't start marketing too soon.

HIRE GOOD STAFF. Choose outstanding employees, then create a happy and stable workplace so they will want

to perform well and stick around.

EMBRACE SOCIAL MEDIA. At the very least, companies should have a website that describes who they are and their services and products. It's becoming de rigueur for businesses to be on Facebook and Twitter, too.

ADOPT A CAUSE. Consumers appreciate businesses that support good causes. Everyone wins: The customers; the charities; and the businesses.

PAY YOUR BILLS AND TAXES ON TIME. In doing so, you will gain trust and build a positive credit profile. Reputation is everything.— Jane Doucet



RBC ROYAL BANK OFFERS CONVENIENT OPTIONS TO HELP ENTREPRENEURS

Running your own business puts you in control like never before. It can mean long hours and a steep learning curve, especially in the first year. But there are lots of convenient options you can take advantage of from Day 1 to save you time.

If you're like most aspiring business owners you started a business around something you love to do and are great at. While you are an expert in what you sell, chances are you're not an expert in running a business — at least not yet. You need to find the resources and people to help you. At the same time, you need tools to help your business run efficiently and reliably. RBC Royal Bank can help with both.

With the largest network of branches and bank ATMs in Canada, RBC Royal Bank makes it easy to access your money when you need it most. And if you're looking for advice, the RBC Royal Direct award-winning call centre is staffed 24 hours a day with specially trained small business advisers that can help you in about 180 languages, answering both your business and personal banking questions on the same call.

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BUSINESS TIPS, VIDEOS ONLINE

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Visit rbcadvicecentre.com to access short articles, guides and videos offering information that matters to entrepreneurs. Find out how to draft a business plan and manage your cash; learn the pros and cons of renting or buying space, and a lot more. You can watch and read inspiring stories, too — about men and women with dreams like yours, who made them a reality.

RBC Royal Bank small business customers can do all this and more. They can keep track of their businesses by accessing account information and statements online. They can manage multiple accounts, including loans, investments and credit cards. They can download account information and import it directly into their accounting software. And they can do it all on their own schedule. You can too

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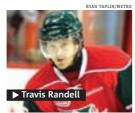
You know it's worth it.

Herd's streak was a long time coming

Four years ago, Nathan MacKinnon was a 12-year-old sitting in the stands at Halifax Mooseheads games and a 16-year-old Travis Randell was one of the QMJHL's youngest players.

That was the last time the Mooseheads were on a winning streak like this.

The Mooseheads rolled to a fifth-straight victory — their longest streak since November 2007 — on Saturday at the Metro Centre, edging the Drummondville



Voltigeurs 4-3.

MacKinnon, of course, is now 16 and playing a leading role for the Mooseheads, while Randell, 20, is the team's senior-most

Upcoming games

The Mooseheads host the defending Memorial Cup Champion Saint John Sea Dogs on Friday and the fifth overall Quebec Remparts on Saturday.

player

Both are revelling in the franchise's newfound success

"It's pretty cool because that's how I remember it growing up — I remember Halifax always near the top in the standings," MacKinnon said. "It's exciting to continue on the legacy they had a few years back. It's good fun, and hopefully we can continue winning."

Goal-scoring continued to come from a variety of sources on Saturday, with Darcy Ashley, Josh Desmond, Alexandre Grenier and Brent Andrews tickling the twine. Rookie goalie Zach Fucale, meanwhile, made 24 saves for the victory.

The Mooseheads are now 8-4, tied for seventh in the QMJHL standings. But they've played fewer games than all but one team ahead of them.

"Usually we're on the other end of the stick, losing five six in a row instead of winning," Randell said. "It's obviously a much better feeling... Everyone loves winning."

MATTHEW WUEST



The Saint Mary's Huskies smoked the St. Francis Xavier X-Men on Saturday afternoon for the second time in little more than a week

The Huskies, with veteran Jack Creighton starting at quarterback for the first time all season, followed up their 40-16 win on Oct. 7 with a 37-18 walloping in Antigonish.

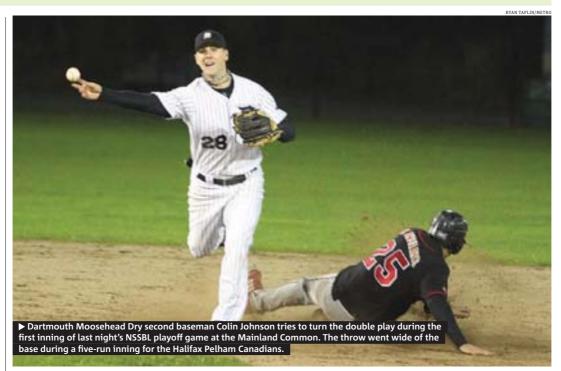
Creighton, stepping in for rookie Jesse Mills, went 16-for-24 for a pair of touchdowns and one interception in the win.

Receivers Kevin Wuthrich and Matt Simich had touchdown catches, while Melvin Abankwah rushed for another.

The Huskies are 5-1, tied for first with the Acadia Axemen. The two teams meet in a battle for first overall on Saturday at 2 p.m. in Wolfville. MATTHEW WUEST

Tigers go 1-1 to open season

The Dalhousie Tigers earned an opening-weekend split in Atlantic University Sport men's hockey play at Memorial Arena. The Tigers beat the St. Thomas Tommies 2-1 on Friday but fell 7-2 to the Moncton Aigles Bleus on Saturday. Forward Benoit Gervais paced Dal's offence with a goal and an assist. Elsewhere, the Saint Mary's Huskies dropped a pair of road games. • METRO



Canadians survive to force Dry to Game 7

Moosehead Dry comeback falls short as Canadians hang on for win
 Randy Stewart delivers knockout punch against former team



The Nova Scotia Senior Baseball League final is going the distance.

The Halifax Pelham Molson Canadians eked out a 7-6 victory over Dartmouth Moosehead Dry in extra inings last night at Mainland Common to even the

best-of-seven series at three games apiece.

The Canadians pumped in five runs in the first inning and managed to hang on for the win after Dartmouth battled back to tie the game in the ninth.

Randy Stewart, a former member of the Dry, was the hero for Halifax, knocking in Josh Pelham's winning run in the bottom of the 13th.

Game 7 is scheduled for tonight at 7:30 p.m. at Beazley Field. Jason Bailey will get the start for Dartmouth, while it's Steve Ivey getting the nod for Halifax.

Dartmouth has won the past two NSSBL titles and seven of the past eight. Halifax last won in 2008.

The winner earns a berth at nationals in 2012.

Number of Nova Scotia Senior Baseball League championships Dartmouth Moosehead Dry has won over the past 18 years since in 1993.



More sports



THE DALHOUSIE TIGERS AND SAINT MARY'S HUSKIES ARE NECK-AND-NECK IN THE ATLANTIC UNIVERSITY SPORT WOMEN'S SOCCER STANDINGS. THE TIGERS (7-2) BEAT THE ACADIA AXEWOMEN 2-0 YESTERDAY IN WOLFVILLE AND THE HUSKIES (7-1) GOT PAST THE ST. FRANCIS XAVIER X-WOMEN 2-0 IN HALIFAX. THE TEAMS ARE TIED FOR SECOND OVERALL, THREE POINTS BEHIND THE UPEI PANTHERS (8-1), ON THE MEN'S SIDE, DAL (4-3-2) BEAT ACADIA 2-1 AND SAINT MARY'S (3-0-5) TOPPED ST.



Scan code for



Montreal running back Brandon Whitaker scores a touchdown yesterday.

Als clinch playoff spot with win over Ticats

The Montreal Alouettes are back on top of the CFL East Division, but they nearly threw it away with a fourth quarter letdown against the Hamilton Tiger-Cats.

The Alouettes prevailed 27-25 to take over sole possession of first spot and guarantee at least one home playoff date as they posted their fourth straight win on a wet afternoon in Montreal yesterday.

The Alouettes saw a 15point lead dwindle to only two in the final four minutes of play. Only a failed two-point conversion attempt kept Hamilton from tying the game, as Chip Cox chased back to tip Quinton Porter's pass away from receiver Aaron Kelly in the end zone.

We did what we had to do defensively, but I'd like us not to be in that position," said Cox. "We've got to stop giving up big plays in that situation."

Montreal (10-5) has a two-point lead over the Blue Bombers going into a battle for top spot on Saturday in Winnipeg.

A week after setting the all-time passing yards record, Anthony Calvillo threw for 341 yards, including touchdown tosses to Brandon Whitaker and Kerry Watkins. Sean Whyte added four field goals for Montreal.

THE CANADIAN PRESS

Montreal receiver Jamel Richardson caught nine passes for 107 yards to give him 100 catches this season. Retired Ben Cahoon is the only other Alouette to ever reach 100 in a single season.

Hoping for another chance

• Tigers say they can contend again next year after being eliminated by Rangers in ALCS

Moments after the Detroit Tigers were eliminated from the AL championship series, Alex Avila was already looking forward to the future.

The Detroit catcher figures his team will have every opportunity to return to the playoffs next year. The Tigers won the AL Central by 15 games this season and have a nucleus that includes Justin Verlander, Miguel Cabrera and a number of other key contributors who are expected back in 2012.

"We've got a good core of guys," Avila said. "The starting rotation is good. There are a lot of young guys who've got good experience from this season. Our team is set up well for next year."

Detroit beat the New York Yankees in the division series before falling to Texas in the ALCS, unable to contain the Rangers in a 15-5 loss in the clinching Game 6 on Saturday night.

The Tigers were built to contend this season, and new additions Victor Martinez and Joaquin Benoit made valuable contributions. Detroit pulled away in the AL Central with a 12game September winning streak. Verlander won 24 games and could take both the Cy Young and MVP awards. Cabrera won the batting title.

It was Detroit's first division title since winning the AL East in 1987, but the Tigers couldn't quite match their post-season success of



2006, when they went all the way to the World Series as a wild card.

"This team gave every single thing they had, every ounce of energy. I just couldn't be prouder of them," manager Jim Leyland said.

Verlander led the AL in wins, ERA and strikeouts, and Cabrera hit .344 with 30 homers and 105 RBIs. Martinez, the team's new designated hitter, hit a career-high .330 and drove in 103 runs.

Closer Jose Valverde didn't blow a save opportunity



"I'm not going into the off-season disappointed at

TIGERS MANAGER IIM LEYLAND

all year. With Verlander, Cabrera and a talented young rotation, Detroit should be able to contend for a post-season spot again next year.

Cards heading to

World Series

The St. Louis Cardinals punched their ticket to the . World Series with 12-6 Game 6 win over the Brewers in Milwaukee last niaht.

The Cardinals face the Texas Rangers in Game 1 on Wednesday in St. Louis.

Avila was perhaps the team's most encouraging surprise this year, hitting

.295 with 19 homers during the regular season. He struggled during the playoffs while playing hurt, highlighting the need for Detroit to carry a dependable backup catcher who can allow Avila to rest on occasion.

"It was tough and we had a long grind," Leyland said. "Unfortunately, we have a long time to rest up, about 10 days or so more than I would have liked, but we'll come back to spring training and get back to work."

THE ASSOCIATED PRESS

IndyCar driver dies after fiery crash

Dan Wheldon, who moved to the United States from his native England with hopes of winning the Indianapolis 500 and went on to prevail at his sport's most famed race twice, died vesterday after a massive, fiery wreck at the Las Vegas Indy 300.

He was 33.

Wheldon, who won the Indy 500 for the second time this May, won 16 times in his IndyCar career and was the series champion in 2005. He was airlifted

from the Las Vegas track at 1:19 p.m. local time yesterday and taken to a nearby hospital, becoming the first IndyCar driver to die after an on-track crash since rookie Paul Dana was killed in practice on the morning of race day at Homestead-Miami Speedway in 2006.

As word began to spread that his injuries were fatal, those at the track could not control their tears. The remainder of the race was cancelled. Drivers solemnly returned to the track for a



five-lap tribute to Wheldon, almost all of them hiding their eyes behind

dark sunglasses after being told their colleague was gone.

"IndyCar is very sad to announce that Dan Wheldon has passed away from unsurvivable injuries," IndyCar CEO Randy Bernard said. "Our thoughts and prayers are with his family today. IndyCar, its drivers and owners, have decided to end the race. In honour of Dan Wheldon, the drivers have decided to do a five-lap salute to in his hon-

The race was only minutes old when Wheldon, who started at the back of the 34-car field and was in position for a \$5 million US payday if he could have won the race, was one of 15 cars involved in a wreck that started when two cars touched tires.

Several cars burst into flames, and debris was all over the track, some of the impact so intense that workers needed to patch holes in the asphalt.

THE ASSOCIATED PRESS

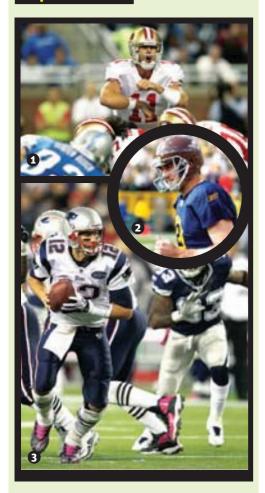
NFL in pictures

PHOTOS

1. LEON HALIP/GETTY IMAGES

2. JOE ROBBINS/GETTY IMAGES

3. JIM ROGASH/GETTY IMAGES



Alex Smith's fourth-down, six-yard pass to Delanie Walker gave San Francisco the go-ahead touchdown with 1:51 left, lifting the 49ers to a 25-19 win over the previously unbeaten Detroit Lions.

Aaron Rodgers threw three touchdowns, including a career-long 93-yarder to Jordy Nelson, in the Green Bay Packers one-sided 24-3 win over the St. Louis Rams.

Tom Brady threw an eight-yard touchdown pass to Aaron Hernandez with 22 seconds left and the New England Patriots rallied for a 20-16 win over the Dallas Cowboys.

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Bills a big play short of slaying Giants

New York running back Bradshaw burns Buffalo for three touchdowns

For a change, the New York Giants didn't have to rely solely on Eli Manning's arm. They are heading into the bye week with hope, now that they've found a running game.

Ahmad Bradshaw ran for season-high 104 yards and a career-best three touchdowns and Lawrence Tynes kicked a go-ahead 23-yard field goal with 1:32 remaining to give the New York Giants a 27-24 victory over the Buffalo Bills on Sunday.

The win sent the Giants (4-2) into their vacation in first place in the NFC East, but knowing they have games against New Eng-

land, San Francisco, Philadelphia, New Orleans, Green Bay and the Jets in their final 10-game stretch.

"This is a huge win for us," guard David Diehl said. "Coming into this game, we had a lot of things on our minds, with No. 1 being getting the run game going. Ahmad had a huge game for us, over 100 yards, three touchdowns and he ran hard all game. The other thing was we constantly said all week we can't turn the ball over against this team. This was a team scoring 14 points a game off turnovers. We wanted to control the ball."



"This is one of the hardest parts of playing quarterback, when you don't get the job done."

BILLS OB RYAN FITZPATRICK

New York was perfect on both fronts.

Bradshaw become the first Giants back to gain 100 yards this season, scoring each time from a yard out. His game-high 30-yard run on a little misdirecton play — three plays after Corey Webster's second interception of the game — set up Tynes' winner and allowed the Giants to rebound from a bad loss to Seattle.

"Anytime I have a chance, I want to put the team on the back and make plays, and that's what I plan to do anytime I do get a shot," said Bradshaw, who had careerhigh 88-yard TD run against Buffalo in their last meeting in 2007, sealing a playoff berth in a season New York won the Super Bowl. "We worked hard all week and we were successful today."

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together, and what an emo-

tional rollercoaster it has

been! Angel, I wouldn't

take a minute back. Every morning that we share,

every sunrise, every second

makes my life better. Every

time you cross my mind, I

am reminded how lucky I

am. Je t'adore mon amour! You truly are, my

hey andikins I know weve

only been together for a

short period of time but I

ways be there, if u need

just wanna say tht I will al-

someone or if U need a gr8t

big Hug just bbm me and I'll

that I can steal with you

kisses, online at

Lost Angel

everything.

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andv

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Crossword

Across

- 1 Bath powder 5 Snip
- 8 Corned beef recipe
- 12 Eve laver
- 13 shoestring 14 Inner (Pref.)
- 15 Super Bowl party
- quaff 16 Western-most
- Great Lake
- 18 Apprehend
- 20 Puts one's foot down
- 21 Hebrew month
- 23 Vast expanse
- 24 Diana Ross'
- backup
- 28 Remain 31 Bobby of hockey
- 32 Sample recordings 34 Individual
- 35 Appear
- 37 Endorses
- 39 Dawn goddess
- 41 Comic Caroline
- 42 Deodorant site
- 45 More gross
- 49 Stuff you need
- 51 Money of Lesotho
- 52 Initial stake
- 53 "To be or ..
- 54 Greek vowels
- 55 Nuisance
- 56 Type measures 57 Harvard rival

Down

- 1 Oompah instrument
- 2 State with convic-
- tion 3 Lecherous look
- 4 Life's work

5 Halloween outfits 6 Burma's first prime

- minister 7 Reveille's opposite
- 8 Medal earners 9 Disney employee
- 11 d'oeuvre
- 19 Coaster
- mate
- or fail

- 10 Halt
- 17 Aliens, for short
- 22 Madagascar pri-
- 24 "Heln!"
- 25 Suffix with press
- 26 Replaces in the TV

27 Those with faulty logic

53

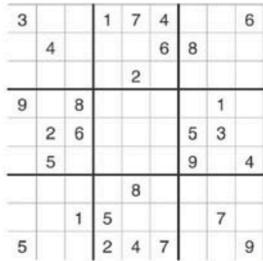
16

19

- 29 Pismire
- 30 "Of course" 33 Detail, for short
- 36 Youngster
- 38 "Annie Get Your Gun" role
- 40 Part of RSVP 42 Pronto, on a
- 43 Mysterious charac-
- 44 Fork prong 46 Tittle

memo

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasonin

16"/8"

Showers

vith reasoning and	8	9
	4	6
Friday's answer 🕨	7	5

3 6 9 1 8 4 2 Tuesday 16"/10"

3 5

6

7 1 6

2 8 5

5 3 4 6 1 7

1 8 7 2 3 5 9

2 8 9 4 3

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Today's horoscope

T Aries March 21-April 20 Life is a great adventure or it is nothing. so get out there and make your mark on the world

¥ Taurus April 21-May 21 Start thinking now about ways you can make the second half better than

II Gemini May 22-June 21

There is no limit to what you can accomplish, so don't limit your vi-

Gancer June 22-July 22 You have wasted enough emotional and intellectual energy on senseless disputes.

Ω Leo July 23-Aug.23 You seem to have missed out on a promising opportunity, simply because you were too stubborn to admit that someone else's idea was better than your own.

My Virgo Aug. 24- Sept. 22 Stand up for what you believe in and don't let anyone, no matter how powerful, tell you that you have no right to your own opinions.

← Libra Sept. 23-Oct. 23 The Sun remains in your birth sign only until next weekend, so make the most of the next few days.

M Scorpio oct. 24-Nov. 22 Recent events have been anything

For today's crossword answers and for expanded horoscopes, go to metronews.ca but easy and there will be more

54

47 And others (Lat.)

48 Go up

50 Eternity

challenges over the next few days.

✓ Sagittarius Nov. 23-Dec. 21 You cannot change other peo-

ood example

Aquarius Jan. 21-Feb. 18

H Pisces Feb. 19-March 20.

ple, you can only live well and be a

1111/40%

り Capricorn Dec. 22-Jan. 20 Make a special effort today to put some distance between yourself and a group of people who have clearly misled you

There is still time to make your

Don't listen to other people, listen to your heart. SALLY BROMPTON





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